



Delhi
Greens

100 WAYS TO #BeatPlasticPollution

**SAVE ENVIRONMENT
SAVE WILDLIFE**



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Delhi Greens 100 Ways to Beat Plastic Pollution

Please adopt at least 5 of these ways!

Plastic has become a menace for all living beings. Once created, plastic does not degrade for years, and even if it does, the resulting microplastic causes much harm to us. Delhi Greens brings to you 100 ways how you can #Beat Plastic Pollution in your daily lives.

Plastic is a man-made substance which has found its way in all parts of our lives. And before we could realize it, plastic has entered our seas and oceans and is harming aquatic life everywhere. It took a sea-turtle with a long straw stuck in its nose for us to realize the harm we are doing to environment and wildlife with our actions.

Delhi Greens urges all citizens to give up single-use plastic in your daily lives, starting with polythene bags, straws and plastic toothbrushes. Start refilling our pens, and stop discarding existing plastic items. Please use these 100 ways to minimize the use of plastic in your daily lives, and please pledge to adopt at least 5 of these ways to save environment and wildlife.

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**"Think Green,
Keep Your City
Clean"**





Stop using plastic straws

Refuse plastic straws given in restaurants, diners and takeaways. If a straw is a must, ask for agro-waste paper straws.



Buy your own eco-friendly straws

Make a statement by purchasing reusable stainless steel/glass/ bamboo straws. These are washable and help reduce your plastic footprint.



Refuse paper cups

Don't accept paper cups as far as possible as they also come with a thin plastic lining and cannot be recycled, ultimately ending up in the landfills.



Use trendy jute and cloth

Purchase or make your own DIY reusable produce bag made from jute or cotton. Be sure to wash them often and keep reusing.



Use eco-friendly cutlery

Instead of single use plastic forks, spoons and knives switch to cutlery made of natural materials e.g. bamboo fibres, birch wood, etc.



Carry your own reusable mug

Whenever you head out of the house carry your own reusable mug to be used in various places for coffee, tea, juice or any other drink.



When throwing a party buy hemp plates and glasses

Hemp is a wonderful biodegradable material. The next time you throw a house or office party, buy hemp plates and glasses instead of single use plastic plates and glasses.



Choose traditional leaf pattals

Whenever you eat street food choose the vendors that sell their products in leaf pattals. These are sustainable alternatives and also support the local economy.



Refuse Styrofoam

Styrofoam is big nuisance as it is not recyclable and does not degrade for a really long time. Refuse the styrofoam plates, cups, bowls, etc. and use your reusable dinnerware instead.



Carry your own containers for take-out food and leftovers

Request takeout places to use your carry on containers for leftovers instead of their disposable doggy bags.



Switch to eco-friendly water bottles

Instead of buying plastic based water bottles, use bottles made out of glass/ stainless steel/ copper or even bamboo.



Switch to water purifiers

Install water purifiers and R.O. systems instead of buying water in the form of packaged bottles in huge numbers.



End use of bottled water in official meetings

Keep water in eco-friendly glass/ stainless steel/ copper/ bamboo bottles instead of plastic bottles.



Buy fresh bread that comes in either paper bags or no bags

At the farmers market or natural food stores, you can buy bread that comes wrapped in paper or even without wrappings. Choose these fresh and plastic-free alternatives over bigger brands.



Choose milk in returnable glass bottles

Many areas have local dairies that provide milk in returnable glass bottles rather than plastic or plastic-coated cardboard. These support your local economy as well.



Learn to love the bulk bins

Look for stores in your area that sell foods from bulk bins and allow you to use your own bags or containers.



Refuse double bagging of grocery items

Politely refuse unnecessary extra plastic at the checkout lines. Stores tend to double bag heavy groceries or other shopping items. It would be great if you bagged them in your own cloth bag instead.



Always carry a cloth bag with you

For impromptu shopping trips it is good to always have a carry bag lying around in your bag or purse rather than having to purchase items in a plastic carry bag.



Stop snipping corners of milk bags

These small pieces of cut corners are hard to segregate and are unable to escape even the most sophisticated filters ending up clogging the drains or worse into the food chain as microplastics. Instead partially cut the packet, enough to pour milk out.



Give up gum

Almost all gum is primarily made of a synthetic rubber, aka plastic. Not only are you chewing on plastic, but you may also be chewing on toxic plastic. Plastic free alternatives do exist, switch to these types of gum.

Switch to fresh produce



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Avoid buying frozen foods as far as possible because their packaging is mostly plastic. Plus you'll be eating lesser processed foods.



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Make freshly squeezed juice or eat fruit

Instead of buying juice in plastic bottles or tetrapaks, try to consume fresh squeezed juices at home. It's even healthier if you eat the fruit instead. That way you will get the roughage that the body requires.



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Stop buying individually wrapped fruits and vegetables

Ask yourself why do you need a potato or a carrot wrapped and sealed in plastic? They have no purpose and hurt the environment. Buy items kept in bins without such wrappings.



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Stop buying peeled fruit and vegetables

It takes a few seconds to peel a fruit or vegetable. Fruits and vegetables come with their own natural protective layer and does not require use of plastics.



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Ask for aerated drinks and beverages in glass bottles

Aerated drinks and certain beverages come in both glass as well as plastic bottle packaging. Prefer to opt for glass bottles whenever you can.



Pack your lunch in containers

Preferably use metal tiffin boxes or in other circumstances reusable plastic boxes over packing lunch in use-and-throw sandwich baggies.



Return reusable containers

Make a habit of returning glass jars, bottles or plastic containers to your local farmers' market or grocery shops. These containers can be refilled or can be reused to pack other items (after proper cleaning and sanitization!)



Try natural beeswax wraps

These wraps are perfect alternatives to the plastic cling film wraps available in the market. They retain moisture just like the plastic ones, are completely natural and what's more- they are entirely reusable!!



Use wooden matches

Opt for wooden safety matches over disposable plastic lighters. If not, at least switch to the habit of using refillable lighters preferably made out of metal.



Say no to plastic cutlery when ordering in

If you are ordering food for home-delivery, ensure to tell the restaurant to not send plastic cutlery with the food. Just use your own cutlery from your kitchen.



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Give homemade yogurt a try

The yogurt you love so much comes in plastic containers. Making yogurt at home is pretty simple. All you need is a container, milk and some yogurt from the previous batch.



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Refuse mini-bar

Many hotels stock mini bars with snacks and drinks at exorbitant prices. All these packaged products are high in plastic footprint and low in nutrition value. Instead call room service for some real food.



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Eat home cooked food

Most fast food chains and food courts in malls serve food in single use plastics. Reduce the number of times you dine-out at such places. Also decrease takeaways and home-delivery orders. Instead start cooking more at home.



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Shun plastic and disposable razors

Use a razor whose blades can be replaced instead of buying disposable razors. Also look for razors with a metal body instead of a plastic one.



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Give solid shave soap a try

Shave soap last many times longer than foam creams and other shaving creams. Look for plastic free packages.



Plastic toothbrushes are a big NO

Toothbrushes need to be replaced every few months. Consider the good you will do by switching to biodegradable toothbrushes made of natural fibre body and bristles. Also find plastic-free, zero waste dental floss.



Plastic free menstrual hygiene

Conventional sanitary napkins generate high plastic waste. Silicone menstrual cups are hygienic and can be reused for almost 10 years. Plastic free tampons and bio-degradable sanitary napkins are also excellent alternatives.



Reusable makeup remover pads

Choose organic fibre makeup removers pads that can be washed and reused again instead of synthetic and plastic based materials.



Check labels of personal care products

Some facial scrubs and other personal care products contain tiny micro-plastic beads. Avoid anything that has 'polyethylene' listed as an ingredient.



Use natural latex gloves

Many hair colouring products sell one size transparent plastic gloves along with them. Instead ask for latex gloves. These are made out of natural rubber and are a safer option compared to plastic gloves.



Use wooden combs and hair brushes

Combs made out of tree bark e.g. Neem are good for the scalp and are environment friendly. For hair brushes, choose the ones with wooden handles instead of plastic ones.



Buy cloth diapers

Disposal diapers for babies are poor choice as they have no reuse value and keep leaching toxins at landfill sites. Instead prefer to buy cloth diapers.



Install water sprays in toilets

Water sprays are much more hygienic alternative than using toilet paper. This way you are not only cutting down on plastic consumption (from all the product packaging) but immensely on paper consumption as well.



Use handkerchief

People in older times carried handkerchiefs to dry and clean their hands. These are washable and can be used again instead of single use tissue papers. Both plastic and paper waste can be thus reduced.



Plastic free ear swabs

Cotton ear buds or swabs made from bamboo instead of plastic are available in the market. Look out for the ones that don't have plastic packaging.



Say no to plastic based jewellery

Avoid artificial jewellery made out of plastic. Look out for designs in metal, wood, semi-precious stones or natural fibres.



Zero-waste band aids

Band aids comprise of layers of plastic that are non-recyclable. Try using organic cotton plaster made of natural fibres and natural adhesives. Another option is to use paper medical tapes.



Use soaps instead of body wash

A bar of soap that comes in paper or cardboard package is more eco-friendly as compared to plastic bottles of body wash. Similarly switch to shampoo bars as well.



Carry your own personal care products

When out on a trip, ensure to carry your own set of shampoos, soaps and lotions in travel sized containers. Just because they are provided without charge at hotels doesn't mean it won't add to your plastic footprint.



Don't buy liquid detergents

Buy laundry detergent that comes in cardboard boxes and not the liquid detergents that come packaged in plastic containers.



Use dish wash bars

Use bar soap in the kitchen to wash your dishes instead of liquid dishwashes. Look for the bar soaps that are plastic free.



Make DIY home cleaners

DIY all-purpose cleaners are easy to make. Vinegar and baking soda are excellent for cleaning windows, counter tables, kitchen slabs etc. Prepare your DIY cleaners and store them in reused containers rather than buying from market in plastic ones.



Use natural fibre scrubbers

Plastic scrubbers are used for various purposes, from scrubbing dishes to cleaning toilets. Compressed natural cellulose sponges and natural fibre brushes and mops are great plastic free alternatives.



Lining trash bins

Line small trash bins in your house (especially those which do not have a lot of wet waste) with paper bags instead of plastic bags. Even better if you can do away with the lining!



Use cloth rags

These get the clean-up job done and can be easily washed when dirty, unlike paper towels. Such practice will reduce your waste and also the need for trash bags.

Choose cotton table cloths



Use natural fibre cloth as table covers instead of plastic table cloths.

Reuse paint container buckets



Reuse the paint container buckets for bathing or moping purposes instead of buying new buckets. These can also be used as storage bins.

Make gardens out of plastic bottles and containers



As a consumerist society we end up with a lot of plastic containers, beverage bottles etc. Make lively vertical gardens, flower pots or even kitchen herb gardens out of these.

Start composting your trash



This will drastically reduce the amount of organic waste from homes ending up in landfills and also reduce the number of plastic trash bags. Another benefit is the organic compost you can use.

Metal bathroom fittings and pipes



Use metal pipes and bathroom fittings like taps and showerheads for your building or house. They are more durable, long-lasting and won't end up in the landfill.

Natural fibres to keep houses cool



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Instead of fibre sheets and plastic coverings we can use tin sheds and jute/bamboo blinds or sheds to keep our houses and rooftops cool in the summers.



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Install metal handles on doors

As great as plastic handles may look their metal counter parts are always more classy, durable and have a good afterlife value.



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Plastic shelves, book cases and storage

Give up on buying shelves, book cases and other storage boxes made out of plastic for your homes or office space. Look out for designs available in wood or metal or other eco-friendly alternatives.



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Don't buy plastic electric fans

Most electric fans sold today are made of plastic bodies. While these are lightweight, the metal ones in comparison are sturdy and last longer.



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Avoid plastic table mats and coasters

Buy trendy looking natural fibre table mats and coasters made from tree bark rather than plastic ones. These are aesthetically pleasing and eco-friendly as well.



Refuse plastic wrapping on bouquets

Say no to plastic wrapping on flower bouquets. Either provide the vendor with newspaper to pack your bouquet or refuse any sort of packing.



Plastics in furniture

Opt for plastic free furniture. Use charpais or folding beds made of jute ropes or cotton niwars instead of plastic ones.



Shun plastic ropes

Switch to alternatives such as jute ropes or metal based binding wires instead of plastic ropes. Small fibres of plastic from wear and tear after prolonged use ultimately enter the food chain.



Don't buy plastic flowerpots

Use traditional flowerpots made of clay, terracota or ceramics instead. You can even make DIY flowerpots from old jeans, jute bags etc.



Stop using use and throw pens

Instead of such use and throw plastic pens that are quite cheap, buy good reusable pens. Refillable fountain pens with a cartridge converter allow refilling the pen from a bottle of ink, decreasing the plastic footprint.



Use paper pens and paper pencils

Various brands provide pens and pencils made from upcycled newspapers. Some pencils also come with seeds and can be planted after they have served their purpose. This stationery reduces both plastic and wood waste.



Use paper tapes instead of the plastic cello tape

Paper tapes work just the same as the plastic ones we are so used to and are an environmental friendly alternative.



Don't use plastic paperweights

Paperweights can be found in almost all offices. Instead of using plastic ones, go for trendier options such as stone, wood glass or ceramics.



Don't buy plastic wrapped newspapers and magazines

Often magazines come wrapped in a plastic. Refuse the plastic when buying them at shops. Ask your newspaper vendor to deliver the daily paper without the plastic wrapping.



Sign up for e-statements

Instead of monthly bank and other utility statements in post, sign up for e-statements. Posted paper statements usually come with a small plastic window on the letter envelope. This would help save both paper and plastic.



Buy plastic free envelopes

Choose envelopes that do not come with a plastic window or a plastic lining inside. You could even opt for variety of recycled paper options.



Wooden exam-board and drawing boards

Buy wooden drawing or exam boards instead of plastic ones when you shop for stationery next time.



Newspaper for notebooks covers

Cover your books, notebooks and novels with newspaper or recycled paper instead of plastic covers. Ask your school to support this cause.



Use cloth pouches as pencil cases

Use cloth pouches or DIY cloth pencil boxes instead of plastic cases and transparent plastic pouches.



Avoid buying new CDs/DVDs

These are made of polycarbonate plastic. Today it is much simpler to buy your music and movies online.



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Use rechargeable batteries

Single use batteries and their packaging hurts the environment. Switch to rechargeable batteries that can be used for hundreds of charging cycles before they need to be disposed.



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Repair mobile phones

Mobile phones use plastic for their casings and a new one comes with high amount of plastic packaging. Try to get your phones repaired rather than throwing them away. This helps reduce e-waste as well!



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Refurbished electronics

Refurbished electronic goods can be purchased at cheaper prices compared to brand new. They are 'good as new' and warranty is also provided on such products.



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Buy electronics with minimum plastic and rubber

Plastic bodies often break and rubber casings usually pull off after continued use, forcing us to buy new products. Instead look for metal body electronics as they have a greater shelf life.



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Request zero plastic packaging on online

Online ordered packages come with a whole lot of unnecessary packaging. Make sure to request the retailer against the plastic packaging when placing the order.



Recycle clothes

Instead of throwing out old clothes, send them for recycling or donate at thrift stores. These would help people looking for cheaper yet good quality clothes. It definitely reduces plastic footprint in the long run.



Share and repeat clothing

If possible share your dresses, formals, party wear etc. with your family and friends. This way, you end up buying less as a group, but still have lots of variety. Also make sure to value the clothes you buy and repeat them often before buying new.



Buy clothes but not plastic

Remember your purpose was to buy clothes and not the plastic that comes with them. It's better to refuse the vendor/ retail outlet for their plastic packaging.



Opt for natural footwear

Buy footwear made out of jute, hemp or natural rubber instead of PVC.



Buy clothing made of recycled plastic

Some multinational brands have come up with apparel made out of recycled plastic bottles. While they are a little pricier than regular apparel, give these a chance.



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Buy natural fibre clothes

Clothes made out of synthetic materials like polyester, acrylic, nylon etc. are essentially plastic fibre. Millions of microfibers enter the water system with each wash cycle. Natural fibres on the other hand e.g. cotton, hemp, wool etc. are biodegradable.



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Buy from second hand stores

Surprisingly a lot of good quality, rarely used stuff ends up at second hand stores. Buy from these stores. Also make a habit of donating your old goods to such stores, rather than dumping them to landfills.



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Buy wisely

Estimate your consumption of all items in daily life be it food, clothes, or electronics. Do not buy many packages in smaller quantities if your requirement is more. Likewise do not buy in bulk only to throw the items when they reach past expiry date.



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Skip the worst plastic types

If you do nothing else, try to steer clear items that are made out of Polyvinyl Chloride, Polystyrene and Polycarbonate. Apart from being bad for the environment these are harmful for our health also.



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Use bags made of handmade/recycled

These work great as gifting bags, wrapping sheets and of course as carry bags for lightweight materials.



Feeding bowls for pets

Plastic at times causes acne in pets. Avoid plastic feeding bowls and use metal ones instead.



Buy zero-plastic pet toys and accessories

Buy your pet only the toys made out of natural materials like wood, coconut husk, leather, wool, cotton or even those made from recycled materials. Look pet furniture that does not have



Plastic free party decorations

When planning a party, remember to avoid single use non-biodegradable materials such as plastics. Plastic balloons, confetti, and other decorations made from plastic should be replaced with *environmental* friendly options.



Reuse existing plastic bags

A single plastic bag can take 1,000 years to degrade. Make sure to not throw away exiting ones.



Always pre-cycle

Think and judge before you buy anything. Always buy things that you absolutely need, find sustainable and plastic-free or recycled plastic options in them. Start refusing plastic bagging for single items that can easily be carried in hand.